

# Sample Circuit Routines (No Equipment)

Upper Body Strength	
Primary Exercises	Alternate Exercises
Crunches	Side Plank
Push-Ups	Glute Bridge
Bicycles	Glute March
Plank	Oblique Twist
Birddogs	

Lower Body Strength	
Primary Exercises	Alternate Exercises
Squats	Squat w/ Kick
Calf Raises	Wall Squat
Rear Lunges	
Side Lunges	
Vertical Jumps	

Cardio Circuit	
Primary Exercises	Alternate Exercises
Jumping Jacks	Basic March
High Knees	Quick Feet
3 Side Step and Touch the Deck	Jump Rope
Knee Blocks	Glute Kickers
Cross Country Skiing	